

Safety Crisis Plan Journal



This Book Belongs To

My Personal Crisis Plan

I Know I'm Triggered When I Notice

Some Good Ways To Distract Myself Are

**Safe People I Can
Reach Out To**

Coping Skills I Can Use

**Ways To Keep Myself &
My Space Safe**

**Others Resource I Can
Use To Get Myself Care**



My Talk Log

[illegible]

Reasons For Living

Fears Related To Life Ending

People In Your Life

Personal Values & Beliefs
Spiritual Beliefs

Responsibilities To Others, Pets

My Safety Plan

MY CIRCLE OF SUPPORT

MY TRIGGERS

MY STRENGTHS

--

MY COPING SKILLS

--

MY TRIGGERS

MY DISTRACTIONS

--

My Safety Tracker

My warning signs are

My effective coping strategies are

People I can reach out to for distractions

Person 1.

Person 2.

Person 3.

People I can reach out to for Help

Person 1.

Person 2.

Person 3.

**Steps I can take to make my
environment safer**

In the event of a crisis

Anxiety Log

[illegible]

Forgiving Yourself

[illegible]

Self Care Goal

How can reach mygoal

My primary goal

Why do I Want this

What will My Life be like Once I've Manifestation my

Favorite Affirmation List

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

Self Care Tracker

[illegible]

Challenge Thoughts

Negative Thoughts I Have

Is That Thoughts Making Me Stronger
Or Weaker?

Could My Thought We An Exaggeration
of What's True?

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What Would A Friend Think About This Station?

Is There A Better More Empowering Way To Look At This

Worry Exploration

I worrying about something going to stop happening?

Is there anything can physically do to sort the problem eot? If so what?

Am i making up worries to feed my addiction to worry? If so, why?

Now that you leave challenged the worry? How has it changed

Mindfulness Worksheet

[illegible]

Acceptance Worksheet

[illegible]

My Main Goals

Leisure

Family

Friends

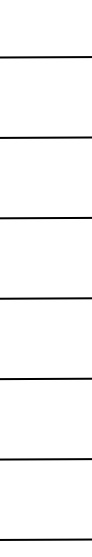
Describe how yours Life wit be different when you accomplish your goals

Monthly Self Reflections

How I Feel About This Month

[illegible]

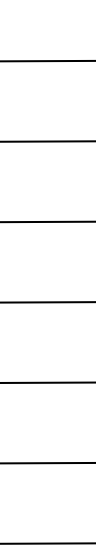
What Changed Since Last Month



My accomplishments Month

[illegible]

What i want to improve next month?



My Main Goals

Frances	Volunteering Or Contributions	Physical Health

Education	Mental Health	Work or Project

[illegible]

Deep Breathing

[illegible]

Problem Solving

Problem To Solve	End Goal

1st Solution	Pres	Cons

2nd Solution	Pres	Cons

3rd Solution	Pres	Cons

Choose Solution	Next Step

Mental Health Checklist

Positive Thoughts

[illegible]

I'm Grateful

Sunday

I'm Grateful For

Monday

I'm Grateful For

Tuesday

I'm Grateful For

Wednesday

I'm Grateful For

Thursday

I'm Grateful For

Friday

I'm Grateful For

Saturday

I'm Grateful For

To-Do List

Notes

Notes